

Hot Topic: Pressure Ulcers- Bedsore

PREVENTION:

- ❖ **IDENTIFY** members at risk such as those who need assistance with mobility (turning, transfers, etc.)
- ❖ **LIMITED MOBILITY** – members who spend most or all their time in bed or a chair need to be turned or repositioned every two (2) hours or more frequently as recommended for the individual.
- ❖ **WHEELCHAIR** – members using wheelchairs for mobility should be repositioned every thirty (30) minutes.
- ❖ **HEALTH & NUTRITION** – good nutrition and hydration (enough fluids) helps maintain healthy skin and blood flow.
- ❖ **MOISTURIZE SKIN** – dry, flaky skin is more likely to breakdown; moisturize dry skin often.
- ❖ **GENTLE CARE** – avoid rubbing or scrubbing hard when providing baths and general care. Always lift members carefully without pulling or dragging them across sheets and other surfaces.

SIGNS of a POSSIBLE BEDSORE:

❖ MOST COMMON SYMPTOMS:

- **Discolored skin** – redness, blanching, or black scabbed areas
- **Breaks or opening in the skin including peeling:** tailbone and other bony areas (ankles, hips, shoulder blades, etc.) are more at risk for pressure ulcer/bedsore development.
- **Pain or Discomfort:** visually check any areas where the member has pain/discomfort.

ACTION ITEMS

- ❖ Call the member's doctor for an appointment whenever you suspect a pressure ulcer/bedsore or area where one might be starting to develop.
- ❖ Insist on an appointment within 3-5 days – not a month later or at the next check-up
- ❖ After the appointment, implement any and all follow-up appointments or recommended treatment immediately.
 - Specialty or Wound Clinic referrals
- Nutrition and fluid recommendations including dietician consults if ordered
 - Special Skin Care – start all recommendations/orders immediately including lotions, creams, dressings, cushions, or other special equipment such as mattresses.
- ❖ Notify the DDD Support Coordinator and/or DDD Nurse whenever a pressure ulcer-bedsore is identified.

Call 9-1-1 immediately for any of the following conditions:

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| ♦ <i>Shortness of breath</i> | ♦ <i>Bleeding</i> |
| ♦ <i>Loss of consciousness</i> | ♦ <i>Inability to move</i> |
| ♦ <i>New confusion</i> | ♦ <i>Excessive pain</i> |